

JUST FOR THE HEALTH OF IT

YOUR Retiree Health Fair...

is coming on Friday, May 20th, 2005.

Here is your opportunity to gather health-related information, resources, and social support information. There will also be some clinical testing available, so be prepared to be screened! It's also a good way to catch up on the latest benefit information.

is something you should prepare for.

- ☞ The hours are from 0730-1200. *The fair is over at noon.*
- ☞ Complete the registration form to include your email address if you have one, and bring it with you.. This will make signing-in move faster and get you inside to the good stuff.
- ☞ If you would like to have blood drawn to determine your fasting blood sugar and/or cholesterol, you should not have anything to eat for at least 8 hours (*no food after 11 PM*). This means real, solid food, not black coffee or tea or water. If you have morning medications, it is fine to take them with the clear liquids just mentioned. If you are diabetic, test your blood sugar at home and adjust your medications if you can. Expect a delay of your morning meal. We will be providing some light snacks and the dining area will have breakfast and lunch meals available for purchase.
- ☞ And speaking of having blood drawn, we are offering you the opportunity to register as a blood marrow donor. Information will be available to help you make that decision before you enter the lab area.
- ☞ Wear comfortable shoes. There are things to see and do on both levels of the club. If you have problems climbing stairs, let the staff know...we have golf cart transportation available at the front door.
- ☞ If you want to have your feet evaluated, please wear shoes that are easy for you to slip on and off.
- ☞ Consider wearing short sleeve shirts to make the blood draw and other screenings easier. And, remember, that even in May, it gets warm in crowded areas.
- ☞ Plan to be flexible.
- ☞ Bring a notepad and a pencil, so you can make notes about things you learn.
- ☞ Think about bringing some preprinted address labels. This makes it easier for us to get things back to you if necessary.
- ☞ Please, Please, Please! Complete the exit survey! We value your input and it helps us plan better.

The questions that will be asked are:

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| ⌚ Was the fair valuable to you | YES | NO |
| ⌚ Did you receive information that you needed/wanted? | YES | NO |
| ⌚ Do you believe that you will make changes in your life based on the information you received here today? | YES | NO |
| ⌚ What suggestions do you have for future events of this nature? | | |

is where you want to be! Please come!

Friday, May 20, 2005 from 0730-1200
American Lake Club, North Fort Lewis, Washington

We look forward to seeing you there!

Ann Lancaster, RN, MS, Project Officer
 Army Community Health Nursing Service
 Department of Preventive Medicine
 Madigan Army Medical Center

2005 HEALTH FAIR ACTIVITIES

(Sponsored by Madigan Army Medical Center with coordination by Army Community Nursing)

Activities listed are tentatively scheduled and subject to change without advance notice.

AARP: Senior information and resources

AMVETS: Information and a cash drawing. Be sure to turn in your 2005 registration form.

Armed Services Blood Bank Center: Information and registration for bone marrow donations.

Army Community Health Nursing: Services and resources available, home and child safety.

AROWS: New member information

Audiology: Information and resources on hearing aids and assistive hearing device technology.

Breast Health Program: Educational information about breast health; self-breast exams

CardioVascularHealth : Blood pressure and screening for stroke risk.

Center for Health Promotion and Preventive Medicine – Western Division: West Nile Virus, Field preventive medicine, industrial and environmental hygiene

Delta Dental Federal Services: Information on Retiree Dental Program

DENTAC: Oral cancer screening and informational brochures, products, and handouts

Family Medicine: Clinic information and resources.

Fisher House: Services and information

Gynecology Services: Information and resources regarding women's health issues

Health Outcomes: Tobacco Cessation

Hearing Conservation Service: Ear plug fitting, counseling, and referrals

Internal Medicine: Information on clinic services and tobacco cessation.

Judge Advocate General: Information about living wills, and powers of attorney.

Madigan Ambulance Services: Information and training on the use of Automatic External Defibrillators (AED)

Madigan Foundation: Provide information on the support the Foundation provide the military

Madigan Third Party Collection Program: Information about collection of other health insurance

Neurology: Cognitive impairment screening and education on promoting memory health.

Noridian, Medicare Part B: Information and resources

Nutrition Care Division: Nutrition risk screening; information on low sodium and high fiber diets, resources and services

Occupational Therapy: Energy conservation, work simplification, safety considerations and adaptive equipment

Pathology/Laboratory: Blood drawing for cholesterol, glucose, and blood marrow donor registry if desired.

Pharmacy: Medication profile review, counseling, and handouts.

Physical Therapy: Techniques for improving exercise and flexibility

Pierce County Long Term Care Ombudsman Program: Information on selecting care facilities; how to be a volunteer; information on admission for three VA homes.

Podiatry Services: Foot screening

Psychiatry: Information on grief and loss counseling resources

Pulmonary: Information on asthma, chronic obstructive pulmonary disease, sleep disorders, and tobacco use.

Sexual Assault Center of Pierce County: Services and resources, information on child predators

Social Work Services: Available support and discharge planning information

RSVP (Retired Service Volunteer Program): Opportunities to volunteer

Rheumatology Clinic: Bone density screening for osteoporosis

TRI West: Information on TriCare health care benefits

USACHPPM-W: Information about the West Nile virus

Western Washington Chiropractic Association: Screening for spinal health related issues